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POPEYE'S RED BEANS AND RICE

Recipe By : Serving Size : 6 Preparation
Time :0:00 Categories : Beans/Red

Amount Measure Ingredient —
Preparation Method

Van geffen vghc42a

1 c Uncle ben's long grain rice

- cooked

2 cn Red chili beans in chili

- gravy—1 lb each

1 t Chili powder

1/4 t Cumin

1 Dash garlic salt

In saucepan heat beans without letting it boil and

stir in chili powder, cumin and garlic salt. When

pipng hot, spoon chili mixture into 6 small dishes,

adding a few tb of hot, cooked rice to each serving.

Season with Chili Seasoning Mix, if desired. 270 cal,

5.9 gr fat, 60% fat.

